

WHAT CAN THESE ADVERSE HEALTH CONDITIONS HAVE IN COMMON?



Allergies
Anxiety
Birth Defects
Cancer
Cardiovascular Disease
Dementia
Depression
Fatigue
Hormone Imbalance
Infertility
Memory Loss
Migraine
Recurrent Miscarriage

THE ANSWER: POOR METHYLATION!

Methylation – the addition of a methyl group (CH₃ – one carbon attached to three hydrogens) to another molecule – is an essential and vital biochemical process in the human body that is involved in numerous biochemical pathways involving neurotransmitters, detoxification, hormone metabolism, cardiovascular health, eye health, muscle health, bone health, and redox balance. Specific nutrient cofactors are necessary for methylation to occur normally. 5-MTHF, or methylfolate, is the most essential nutrient precursor involved in the methylation cycle – it helps create S-adenosylmethionine (SAME), the ultimate methyl donor. However, 60 percent of the U.S. population have a genetic SNP (single nucleotide polymorphism) that prevents the conversion of inactive folates, like folic acid, into 5-MTHF. This and other genetic SNPs related to folate metabolism and methylation are implicated in numerous adverse health conditions.

ESTROGEN METABOLISM – A METHYLATION-DEPENDENT PROCESS

When estrogen is metabolized it can become potentially harmful 16-hydroxyestrone or the beneficial, protective estrogen metabolite, 2-hydroxyestrone. When the methyl cycle is working properly, SAME helps a specific estrogen-metabolizing enzyme convert estrogen into the "good" 2-hydroxyestrone instead of the "bad" 16-hydroxyestrone.



METHYL-GUARD PLUS®

Methyl-Guard Plus provides five essential methylation nutrients in a concentrated and comprehensive formula – methylfolate, active B6, active B2, active methylB12, and betaine (trimethylglycine) – for optimal methylation support with three capsules daily.

SF789

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